

Mindset Matters

BINGO! Challenge

Our mental health is so important to our overall health and well-being. Simply put, it affects how we think, how we feel, how we manage stress, and how we connect with others.

Engaging in healthy activities and behaviors is good for our mind and emotions. The bingo card below encourages you to engage in healthy activities such as movement, nutrition, sleep, mindset, financial wellness and social health. At Moda, these are known as the six pillars of health and wellness.

Instructions:

For this challenge, try to complete as many BINGOs as you can in the next four weeks. Complete five activities in a row on the Mindset Matters card below – either vertically, horizontally or diagonally – to score a BINGO!

Sources:

- [Movement Health Tip](#)
- [Nutrition Health Tip](#)
- [Sleep Health Tip](#)
- [Mindset Health Tip](#)
- [Social Health Tip](#)

	Challenge!				
Movement	Took a movement break	Walked during a break or meeting	Stretched for 10 minutes	Exercised <i>Tip: Try a virtual fitness class</i>	Watched the movement health tip
Nutrition	Ate foods without added sugar	Ate a fruit and vegetable	Drank 8 cups of water	Cooked a healthy recipe	Watched the nutrition health tip
Sleep	Took a screen break before bed	Went to bed 20 minutes earlier	>	Practiced a breathing exercise	Watched the sleep health tip
Mindset	Spent time in nature	Spent time on a meaningful hobby	Meditated or journaled for 10 minutes	Reflected on 3 good things in your life	Watched the mindset health tip
Social & \$	Worked on a financial goal	Connected with a loved one	Attended a virtual event	Took a social media break	Watched the social health tip

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.

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